

# Fresh & Healthy

Idaho WIC authorized  
food list



IDAHO  
**WIC**  
GROWING  
HEALTHY  
FAMILIES



SUPPLEMENTAL NUTRITION PROGRAM  
FOR WOMEN, INFANTS & CHILDREN

Effective October 1, 2014  
to September 30, 2015

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (Spanish).

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For more information on the Idaho WIC program, call the Idaho CareLine at 2-1-1 or 1-800-926-2588, 1-208-332-7205 (TDD).

**[www.wic.dhw.idaho.gov](http://www.wic.dhw.idaho.gov)**

# Helpful Hints

## shopping for WIC foods

- You will need your WIC Identification Folder every time you use a WIC check or Cash Value Voucher at the grocery store.
- Choose WIC-approved foods in the amounts listed on your WIC checks or Cash Value Voucher.
- Separate WIC foods from other items you are buying.
- Keep each WIC check's or Cash Value Voucher's food separate.
- Hand your WIC check(s), Cash Value Voucher and WIC Identification Folder to the cashier when you arrive at the checkstand.
- Sign the WIC check or Cash Value Voucher **after** the cashier writes the amount of the purchase on the WIC check or Cash Value Voucher.
- Do not accept cash back or rainchecks.
- If you have problems finding WIC foods, talk to the manager about the store's delivery schedule.



Look for these shelf tags at the store. Be sure to double check that the items marked with this tag are authorized WIC products.



# Fruits and vegetables



## Buy

*Any variety whole or cut fresh fruit and vegetables, including organic. Yams and sweet potatoes allowed.*

## Do Not Buy

*Potatoes. Items from the salad bar, party trays, fruit gift baskets, decorative vegetables and fruits, herbs, spices, nuts. Jarred, frozen, canned, dried. Added ingredients, non fruit/vegetable items.*

## Quick tips

When buying fresh fruits and vegetables, follow these steps:

- Place the item on the grocery scale.
- Round the weight to the nearest pound or half pound.
- Estimate the cost based on the Chart for Purchasing Fresh Produce.
- You may also buy items with a set price.
- Idaho potatoes can be part of a healthy diet. While you can't get potatoes with your WIC Cash Value Voucher, consider buying potatoes with your other groceries.

**Enjoy a variety of fruits and vegetables every day**

# Fruits and vegetables

## Chart For Purchasing Fresh Produce

Price per lb	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.59	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.28				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				



*If you go over the amount of the voucher when using a Cash Value Voucher, ask the cashier about putting something back or paying the difference plus tax. If you do not use the full amount of the voucher, you will not receive cash back.*

**Enjoy a variety of fruits and vegetables every day**

# Cereal

## Cereal

### Buy

*Only the cereals pictured here in the amount printed on check.*



Plain flavor only\*



Plain flavor only\*



Plain flavor only\*



Plain flavor only



Plain flavor only



Plain flavor only



Plain flavor only\*



Cinnamon only\*



Honey Roasted only\*



Plain flavor only\*



Cinnamon Hazelnut only\*



Plain flavor only\*

\* Whole grains

### Do Not Buy

*Cold cereal: less than 12 oz.*



Enjoy a variety of whole grains



# Cereal

## Buy

Only the cereals pictured here in the amount printed on check.



Plain flavor only\*



Plain flavor only



Plain flavor only\*



Original only



Original only\*

\* Whole grains

## Do Not Buy

Hot cereal: less than 11.8 oz.

Choose any combination of WIC cereal to total 36 oz or less, such as:

$$\begin{array}{c} 11.8 \\ \text{oz} \end{array} + \begin{array}{c} 11.8 \\ \text{oz} \end{array} + \begin{array}{c} 12 \\ \text{oz} \end{array} = 35.6$$

(hot) (hot)

$$\begin{array}{c} 18 \\ \text{oz} \end{array} + \begin{array}{c} 18 \\ \text{oz} \end{array} = 36$$

$$\begin{array}{c} 15 \\ \text{oz} \end{array} + \begin{array}{c} 21 \\ \text{oz} \end{array} = 36$$



Enjoy a variety of whole grains

# Whole wheat bread and other whole grains

## Whole wheat bread and brown rice

### Buy

*Any brand 16 oz loaf, 100% whole wheat, including store brand. Must say “100% whole wheat” on the label.*



### Do Not Buy

*Specialty, organic, light or “lite”.*

### Buy

*Any brand brown rice. Plain, short, medium, long grain. 14 to 16 oz bag. Bulk allowed.*



### Do Not Buy

*Added seasonings, ingredients, flavors, boxed, organic.*



**Enjoy a variety of whole grains**



# Whole wheat bread and other whole grains

## Whole wheat and soft corn tortillas

Buy

*Only the brands of tortillas pictured below. 12 to 16 oz.*



Ortega  
Whole Wheat



Mission  
Whole Wheat



Don Pancho  
Whole Wheat



Reser's  
Whole Wheat



Guerrero  
White Corn



Mission Yellow Corn  
Extra Thin



La Burrita  
Soft Corn



Casa Valdez  
Soft Corn



Enjoy a variety of whole grains

# Peanut butter, dry beans, peas, lentils

## Peanut butter

### Buy

*Any brand of 16 to 18 oz smooth to super crunchy.*



### Do Not Buy

*Added ingredients, spreads, honey roasted nut, bulk, organic, reduced fat.*

## Dry beans, peas, lentils

### Buy

*Any brand bagged or bulk plain dried beans, peas, or lentils to total 16 oz or less. Canned beans only if printed on check.*



### Do Not Buy

*Added grains, flavoring, organic, soup mix.*

## Quick tips

- Adding one meal/week with beans as the protein source can help your family save money.
- Soak dry beans prior to cooking.
- Cover 1 pound beans with 6 cups water, soak overnight, discard soaking water.



**Enjoy iron-rich foods**

# Juice

## Buy

### Juice for women

100% juice listed below in 11.5 oz or 12 oz frozen concentrate.



All flavors with yellow lids



All flavors



All flavors with dark green lids



Orange Juice

Any brand

### Juice for children

100% juice listed below in 64 oz plastic bottles.



Original only



Purple and white grape



All flavors



Orange Juice

Any brand



Langer's apple and pineapple



All flavors with green lid

## Do Not Buy

Cider, organic, refrigerated, added fiber, reduced sugar.

Enjoy small amounts of juice and limit sweetened drinks

# Milk

## Milk

### Buy

*Any brand pasteurized, unflavored cow's milk as printed on check.*



**Buy only if printed on check:** half gallons, quarts, whole, evaporated, powdered, acidophilus, lactose reduced/free, goat's milk, soy milk/beverage.

### Do Not Buy

*Organic, unpasteurized, ultrapasteurized, specialty, rice, half and half, buttermilk, UHT (shelf stable), pints, half pints, powdered goat's milk.*

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## Nutrition facts

- Low-fat milk = 1% or skim.
- Low-fat milk has the **same** calcium, vitamin D, and protein as whole milk.
- Low-fat milk has **fewer** calories and fat than whole milk.

**Enjoy a variety of low-fat dairy products**

# Cheese and eggs

## Cheese

### Buy

*Any brand of 16 oz (1 lb) domestic natural, regular or low-fat, unsliced vacuum-packed cheese pictured below. **Blends of single cheeses allowed.***



Cheddar  
(mild, medium or sharp)



Colby



Swiss



Monterey Jack



Mozzarella String Cheese  
(16 oz multi-stick bag of  
Mozzarella only)



Mozzarella

### Do Not Buy

*Extra sharp or white cheddar, unpasteurized, shredded, cubed, deli, organic, cream, flavored, cheese foods or spreads, added ingredients, 8 oz, 32 oz.*

## Eggs

### Buy

*Any brand of FDA-approved small, medium or large white chicken eggs in cartons of 12.*

### Do Not Buy

*Brown, organic, x-large, jumbo, specialty.*



**Enjoy a variety of low-fat dairy products**

# Infant cereal, fruits and vegetables

## Buy

8 or 16 oz Gerber or Beech-Nut cereal, any grain.

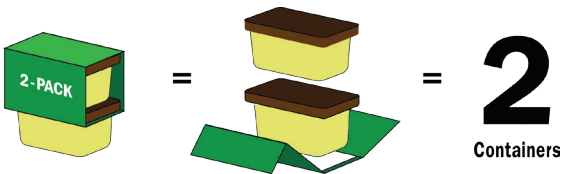


## Do Not Buy

Added fruit, formula, organic, cans, jars, DHA/ARA.

## Buy

Any single fruit or combination of plain fruits. Any single vegetable or combination of vegetables in 3.5 to 4 oz Gerber or Beech-Nut containers.



## Do Not Buy

Added ingredients, organic, DHA/ARA, desserts, pouches.

Breastfeeding nourishes babies in many ways



# For 100% breastfeeding mothers and babies

## Tuna/Salmon

### Buy

**Tuna:** any brand 5 oz chunk or light canned in water or oil.

**Salmon:** any brand 5 oz pink canned.



### Do Not Buy

**Tuna:** fresh, smoked, albacore, white, fancy white, snack packs, gourmet, organic, flavored, pouches.

**Salmon:** fresh, Atlantic salmon, red Atlantic sockeye salmon, snack packs, organic, flavored, pouches.

## Infant Meats

### Buy

2.5 oz Gerber or Beech-Nut. Any variety of meat. Added broth/gravy allowed.



### Do Not Buy

Dinners. Added fruit, vegetables, or noodles. DHA/ARA, organic, sticks.



**Remember, if the brand is not listed,  
you can help WIC by  
choosing the lowest cost foods!**



**MIX**  
Paper from responsible sources  
Papel procedente de fuentes responsables  
**FSC® C018131**

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